



# HealthAdvocate<sup>SM</sup>

## member newsletter

## How to keep safe from medical mistakes

Medical errors—from surgery mistakes to misdiagnosis to medication mix-ups—are the third leading cause of death in the U.S. Providers and hospitals are working to address this complex problem. But there are things you can do to help make sure you get the right care and stay safe. Taking an active role in your healthcare and communicating with your doctors can lead to better results, quality, safety and satisfaction. **Follow these important tips!**

### Speak up and get the right information

- If you're considering a procedure, ask questions during your appointments. Ask why you need the procedure and what the risks are of not having it done, or if there are any alternatives.
- Be open with your providers about your symptoms, medications, allergies, and medical history.
- Get copies of your records and test results.

### Consider a second opinion

Having another doctor confirm your diagnosis and course of treatment is particularly important if you're facing a procedure. A second opinion may result in a different treatment.

### Be smart about medications

- Tell your doctor about all medications you take (prescription and over-the-counter) and vitamins/herbal supplements.
- With each new prescription, ask what the medication is for, how/when you should take it, and what the side effects or possible interactions are with other medications or foods.

### Stay safe in the hospital

Poor communication is the main source of errors that can occur in hospitals.

- When doctors see you, write down which drugs you receive and when, and any questions that you have.

## Healthy food, healthy you!

Food fuels your body and helps it function. Eating nutritious foods may help your body function more efficiently, prevent chronic disease and help you feel more energized. Eating healthy is one of the best things you can do for your health! Try these easy methods to modify your eating habits to ensure you're filling up on healthy foods.

### MyPlate

This simple rule is helpful to remember at each meal. Make half of your plate fruits and vegetables, one quarter protein, and one quarter grains at each meal.

### 80/20 Rule

Prevent overindulging by allowing yourself to eat unhealthy some of the time. Adopt an 80/20 rule: Eat healthy 80 percent of the time and unhealthy 20 percent. You can improve your eating even further with a 90/10 rule!



### Peace Sign

Think of the food you eat at each meal if it was laid out in the form of a peace sign on your plate. Eat mostly whole grains and fruits and vegetables, which would make up the two large upper portions of the sign. Include protein and dairy in lesser amounts, which would represent the lower smaller portions of the sign.



## Overcome burnout

Feeling blah, frustrated or cynical about your job? Snapping at others? Does every day feel like an uphill trudge? These are classic signs of burnout—the exhaustion, frustration and lack of motivation you feel from ongoing stress when there's too many demands on your attention and too little resources to deal with it. If it's not addressed, burnout can harm your health, happiness, relationships and job performance. The good news is that you can make changes to restore the balance you need. Try these tips when you are feeling stretched thin:

several organized activities every weekend, for example? Saying “no” to non-essential activities and tasks frees up time for more restorative activities, like leisurely exploring a nearby trail with family or friends.

**Request support.** At work, you could ask for a flexible work schedule or swap certain aspects of your job with a coworker. At home, make a family calendar clearly listing everyone's daily chores so they don't all automatically fall on you!

**Recharge your batteries.** Make space for those activities and people that boost, rather than drain, your spirits. Take short breaks throughout the day to just sit quietly or step outside—even a few minutes in nature can be invigorating. Sign up to learn something new – mastering a skill can reignite your confidence and your outlook.

**Disconnect from digital devices.** Set a time to check your news feeds, Facebook and text messages, and turn off your devices in between!



### FREE WEBINAR: Excelling at Work

Learn tips for achieving your professional goals!

**To view:** Log onto your member website to access the EAP+Work/Life homepage. Click on Webinar.

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### Nutrition Awareness Month

Learn about important nutrition tips for eating less sugar and more healthier foods.

Find out more:

<https://goo.gl/2w9GyR>

Turn to us—we can help.



**800.343.2186**

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